



Peter Kirk Community Center

PKCC

experience it!

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

352 Kirkland Ave, Kirkland 98033 **425.587.3360**

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, intergenerational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours make it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs may be eligible for other community-based programs, such as adult day care (see page 77) or contact EvergreenHealth Community Health-care Access Team at 425.899.3200 for other options.

Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

Center Hours

Monday—Friday 8am–5pm

Center Closed. 5/30 and 7/4

No Scheduled Classes or Programming 8/22–9/4

(Business offices will remain open for customer service)



PARKING PERMITS

If you are at the Peter Kirk Community Center between **8:00am and 3:00pm**, please see a staff member to obtain a parking permit.

GET MOVING

WITH THE KIRKLAND STEPPERS!

The Kirkland Steppers are launching into their 13th year of fun walking opportunities on Tuesdays (June 7–Sept 27) with a plethora of zany, dedicated walker's age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.



Becoming a Super Stepper “Club Card” member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.

SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
June 7	Kirkland Steppers “Kick-Off Celebration” Continental Breakfast sponsored by Fairwinds Redmond	–0–	\$7	48065
June 14	Tambark Park Lunch on your own at Mill Creek Town Center	–0–	\$7	48066
July 5	Farrel-McWhirter Park Lunch at Fairwinds Redmond	–0–	\$7	48067
Aug 9	Evan’s Creek Preserve Lunch on your own at Redmond Town Center	–0–	\$7	48068
Sept 27	“Finish Line” Extravaganza Lunch sponsored by Fairwinds Redmond	–0–	\$7	48069



MEMBERSHIP

The Super Stepper “Club Card” Membership has exclusive benefits.

For \$10 you can be a Super Stepper “Club Card” member. Club Membership has its Rewards!

Membership Registration #48064

- Exclusive Membership Card
- Super Stepper give-aways & T-shirt
- First priority for registration for all Special Events.
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required—seats are limited)
- Admittance to the “Finish Line” Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

NON-MEMBERS

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.

Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!



Special Events at the Peter Kirk Community Center

WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like.

RSVP at 425.587.3360

Mon, April 4 • 11am • FREE • Register 48038

Mon, June 27 • 11am • FREE • Register 48039

Morning at the Museum

History will come to life with this special live presentation!

Enjoy a delightful brunch prepared by your very own advisory board.

Special thanks to the PKCC Advisory Board for hosting this event.

Advanced registration required by 5/8!

Fri, May 13 • 10am • Cost \$9 • Register 48323

**Includes Sales Tax*

CLUB BON VOYAGE

Do you have the urge to explore the world and visit new destinations? Here is your chance to have fun traveling to amazing places you have always dreamed about visiting with your friends or on your own. Let us handle the details, all you have to do is enjoy the adventure. Join a Collette representative to learn about the NEW upcoming 2017 destinations.

Mon, June 6 • 10:30am • FREE • Register 48198

Patriotic Burger Bash

Kick-off the 4th of July weekend with a bang! Enjoy some toe-tapping entertainment followed by burgers with all the trimmings.

Advanced registration required by 6/24!

Thurs, June 30 • 11am • Cost \$9 • Register 48040

**Includes Sales Tax*

Bingo & Pizza

Join us for a fun pizza party with a twist! Start off playing several rounds of Bingo for fabulous prizes, followed by pizza and salad.

Advanced registration required by 8/12!

Fri, Aug 19 • 10:30am • Cost \$9

Register 48045

**Includes Sales Tax*



CITY OF KIRKLAND SENIOR COUNCIL

JOIN THE KIRKLAND SENIOR COUNCIL

WHAT IS THE KIRKLAND SENIOR COUNCIL?

The city established the KSC to act in an advisory capacity to the City Council to ensure Kirkland remains a safe, vibrant community for adults 50 and older. It advocates, supports, shapes and creates programs and services to meet the needs of seniors in the community.

HOW DOES THE KSC WORK?

The Senior Council meets monthly for 2 hours and also works through committees and by representing Kirkland in various regional organizations.



HOW CAN I JOIN KSC?

Council members must either live, work, or serve Kirkland citizens age 50+ in Kirkland. Half of the KSC must be over 50 years of age. Terms are for 3 years. Vacancies will be filled year round.

Contact: 425.587.3322 —or see www.kirklandwa.gov/seniorcouncil

THE SENIOR COUNCIL INVITES YOU TO...



THE 8TH ANNUAL SENIOR ART SHOW

“CREATIVITY IS AGELESS”

FEATURING ARTISTS 50 YEARS OF AGE OR OLDER

JUNE 2ND–JUNE 16TH

OPENING RECEPTION JUNE 2ND, 5:00-7:00PM

Merrill Gardens, 14 Main Street South

- Oils and Acrylics
- Watercolor
- Sculpture
- Photography
- Quilts
- Pastel & Drawings
- Other Media

For more information: call Penny Kahn 425.761.5489 or email pkahn55@gmail.com

Arts & Crafts



Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

Supply list available at PKCC

Instructor: Danielle Barlow • Location: PKCC

6 classes • No class 5/30 & 7/4

Resident \$46 / Non-Resident \$55

Mon	1–3pm	Apr 25–June 6	48182
Mon	1–3pm	June 13–July 25	48184

3 classes • Resident \$23 / Non-Resident \$28

Mon	1–3pm	Aug 1–15	48185
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Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for all students, some drawing skills helpful. Continuing students should bring a project to work on.

Supply list available at PKCC • Instructor: Louise Arntson • Location: PKCC

3 classes • Resident \$23 / Non-Resident \$28

Thur	1–3pm	Apr 14–28	48036
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Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons.

Check-in at the front desk

For more information call 425.587.3360

Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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Hand & Heart Sewing Group

Join this fun social group that makes dresses and shorts to be sent to disaster and poverty stricken areas such as Melawi, Kenya, Haiti and Rwanda to name a few. Everyone is welcome to take part in this incredible project, no experience necessary!

For more information call Jan at 425-822-0185

Needle Craft Group

Have fun, socialize and work on your hand work. **FREE**

Wed	10am–12pm	Ongoing
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Stage and Screen

Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some favorites and new releases to share with you. Everyone is Welcome! Free!

The Intern	Mon	1pm	Apr 18
A Walk in the Woods*	Mon	1pm	May 16
Learning to Drive*	Mon	1pm	June 20
Spotlight*	Mon	1pm	July 18
Joy	Mon	1pm	Aug 15

**Rated R*

Video / DVD Movie Checkout

Our movie checkout library has grown. If you have DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view at home. Due to space restrictions, PKCC is no longer accepting VHS donations.

Literary Arts

Mystery Book Club

Participants will select a book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 12:30–1:30pm

Music

Swingin' Seniors Band

All musicians are welcome to join the fun!

Group meets the 1st and 3rd Thursday of each month, 1–3pm

Games

Ping Pong (Table Tennis)

Open to players of all abilities.

Sign up at front desk or call 425.587.3360

Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available, ask for the playing pieces at the front desk.

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

All are welcome to join Thursdays at 11am

Cards

Come use our card rooms for a friendly game; available days and some evenings.

Call 425.587.3360 for more information

Pool

3 tables are available for drop-in pool.

All are welcome to join the fun in our Pool Room

Age 55+ SOFTBALL

Recruitment is in Full Swing!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2016 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2015! After a long winter break, team players are now dusting off their bats to begin practice in March 2016. Everyone is gearing up for another fantastic season of league play, May through July. These two recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

**FOR MORE INFORMATION
CALL RICH MIAILOVICH:
425.827.1109**



Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

*Location: Redwood Golf Center
13029 Redmond-Woodinville Rd NE, Woodinville
Min 6 / Max 12 4 classes*

<i>Sr Resident \$89 / Sr Non-Resident \$99 Non-Sr Resident \$97 / Non-Sr Non-Resident \$119</i>			
Fri	10–11am	Apr 1–22	48007
Fri	10–11am	June 3–24	48008
Fri	10–11am	July 1–22	48010
Fri	10–11am	Aug 5–26	48011



Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Eloise Chinn

6 classes No class 4/26, 5/3, 6/7 & 7/5
*Resident \$30 / Non-Resident \$36
Drop-In Rate Resident \$7 / Non-Resident \$8*

Tue	10–11am	Apr 5–May 24	48029
Tue	10–11am	May 31–July 19	48028

4 classes • Resident \$20 / Non-Resident \$24
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	July 26–Aug 16	48030
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Fitness & Exercise

Rizzmic®

Rizzmic® is a fun, new fitness program that pairs authentic dance style with the most beloved music from the last century of American culture; from Disco and country to Jazz and Hip Hop! Old School, Jive, Show Tunes, R&R, Country Western, Funk and more. All abilities welcome.

Wear athletic shoes • Location: PKCC

Instructor: Joan Wilde

4 classes • Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Apr 5–26	47985
Tue	10:30–11:30am	May 3–24	47986

3 classes • Resident \$26 / Non-Resident \$31

Tue	10:30–11:30am	May 31–June 14	47987
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Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pace suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

Wear athletic shoes • Location: PKCC

Instructor: Joan Wilde

4 classes • Resident \$35 / Non-Resident \$42

Thur	10:30–11:30am	Apr 7–28	47989
Thur	10:30–11:30am	May 5–26	47990
Thur	10:30–11:30am	June 2–23	47991
Thur	10:30–11:30am	July 7–28	47992

3 classes • Resident \$26 / Non-Resident \$31

Thur	10:30–11:30am	Aug 4–18	48041
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EnhanceFitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

EnhanceFitness is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.

*Instructor: Gina Casanova • No class 5/13, 5/30, 7/4, 8/19, 8/22, 8/24, 8/26, 8/29 & 8/31
Resident \$47 / Non-Resident \$56*

Strength & Tone Aerobics

NEW! Join Jane for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better.

*Bring weights and bands to class • Location PKCC
Instructor: Jane Miller*

8 classes • No class 6/7 • Res \$50 / Non-Res \$60

Tue & Thur	8:30–9:30am	Apr 5–28	48786
Tue & Thur	8:30–9:30am	May 3–26	48787
Tue & Thur	8:30–9:30am	May 31–June 28	48788
Tue & Thur	8:30–9:30am	July 5–28	48789

6 classes • Resident \$38 / Non-Resident \$46

Tue & Thur	8:30–9:30am	Aug 2–18	48790
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Yoga for Beginners

With close to 20 years' experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

Bring mat or rug • Location: PKCC

Instructor: Sally Rodich

**Mondays 4 classes • No class 5/30, 6/6 & 7/4
Resident \$40 / Non-Resident \$48**

Mon	10–11am	Apr 4–25	48070
Mon	10–11am	May 9–June 13	48071
Mon	2–3pm	June 20–July 18	48072
Mon	2–3pm	July 25–Aug 15	48140

**Wednesdays 4 classes • No class 5/4 & 7/6
Resident \$40 / Non-Resident \$48**

Wed	10–11am	Apr 13–May 11	48074
Wed	10–11am	May 18–June 8	48075
Wed	2–3pm	June 15–July 13	48076
Wed	2–3pm	July 20–Aug 10	48143

**Thursdays 4 classes • No class 6/2, 6/30 & 7/7
Resident \$40 / Non-Resident \$48**

Thur	9:15–10:15am	Apr 7–28	48078
Thur	9:15–10:15am	May 12–June 9	48079
Thur	2–3pm	June 16–July 21	48080
Thur	2–3pm	July 28–Aug 18	48145

Computer Classes

Class participant must provide their own laptop or iPad, some PC's are available but no Mac computers are available at PKCC.

Android Workshop

Want to learn more about your tablet or smart phone? Thinking about buying a tablet because you are having trouble seeing information on your smart phone? Join us for this workshop as we explore everything about Android and give you an opportunity to ask questions. You may bring your Android tablet or smart phone, but it is not required to attend.

*Location: PKCC • Instructor: Sally Ann Mowrey
4 classes • Resident \$35 / Non-Resident \$42*

Fri	1:30–3pm	Apr 8–29	48062
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Windows 10 Workshop

Do you need help with Microsoft's Windows 10 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 10 device (laptop, tablet, or cell phone), but it is not required to attend.

*Location: PKCC • Instructor: Sally Ann Mowrey
4 classes • Resident \$35 / Non-Resident \$42*

Fri	1:30–3pm	May 6–27	48063
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Financial Advanced registration required: 425.587.3360

Coffee, Cash and Conversation

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us! Presented by Cory Shepard, Financial Advisor with Edward Jones.

*Advance registration is required, call 425.587.3360.
FREE*

Fri	10:30–11:30am	Apr 1	48684
Fri	10:30–11:30am	May 6	48685
Fri	10:30–11:30am	June 3	48686
Fri	10:30–11:30am	Aug 5	48688

Reverse Mortgage

Are you at least 62 years old and have equity in your house? If the answer is yes you may be qualified to stay in your home for your lifetime-without ever having another mortgage payment. Learn about the HECM Reverse Programs now available. Participate in this Reverse Mortgage roundtable workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

*Instructor: Kim Prater • Location: PKCC
Resident \$10 / Non-Resident \$12*

Wed	6–7pm	July 13	48134
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One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$35 / Non-Resident \$42 • \$5 lab fee per class is collected at time of registration • Advanced registration required, call 425.587.3360

Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs.

Call 425.587.3360.



Legal Services

Senior Rights Assistance

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 206.448.5720 or go to www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx

Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2-4pm.

No fee • Appointments required
To qualify, call 425.747.7274

Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2015 tax return.

Appointments are available Fridays from 9am-1pm, Feb 5-April 15 • No fee • Appointments required, call 425.587.3360

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

www.atg.wa.gov

Clearpoint Financial Services (Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800.750.2227 or go to www.clearpointfinancialsolutions.org.

Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

To see if you qualify, call 206.296.3920

Social Security

Open 7am-7pm weekdays.

Call 1.800.772.1213 or go to www.ssa.gov.

GOT AN EVENT?

WE'VE GOT SPACE.

Wedding? Party? Reunion? Meeting?

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs.

For information and availability please give us a call or go to kirklandwa.gov under "How Do I Rent a Park or Facility"



Peter Kirk Comm. Center
(located at Peter Kirk Park)
425.587.3360

North Kirkland Comm. Center
(located at North Kirkland Park)
425.587.3350

EnhanceWellness Program



Evergreen EnhanceWellness

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the EnhanceWellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, managing your weight or starting an exercise program, but have had difficulty getting motivated. Maybe you're dealing with a new condition like Pre-diabetes and not sure what to do. We all have a multitude of reasons for not taking action on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. EnhanceWellness is a participant-driven, evidence based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

*Program is free of charge • Fridays by appointment
• Call Glen Felias-Christensen, RN, MPH 425.286.1029*

Evergreen EnhanceWellness Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

*Mondays by appointment Call Janet Zielasko, MS,
LSW 425.286.1035. Free*

Family Caregiving Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Worker is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. Please call for an individual appointment.

*Mondays by appointment • Call Janet Zielasko, MS,
LSW 425.286.1035 • Free*

PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor.

In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

**Contact Janet Zielasko, MS,
LSW 425.286.1035 to schedule an appointment.**

*Thank you
EvergreenHealth*

**for your generous support of our Health
& Nutrition Classes, Wellness Program,
and Kirkland Steppers!**

Support Groups

Coffee Hour

2nd & 4th Monday of the month
9:30-10:30am

Coordinated by Janet Zielasko, MS, LSW

Join other women in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

The group will not meet on 8/22.

Caregiver Support Group

Third Mondays, 10-11:30am

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

The group will not meet on 6/20.

Health & Nutrition

Listening More Carefully & Expressing More Clearly

NEW! We talk and interact with people each and every day. Communication is essential to our health and well-being. Often the words we choose to say...or not say...can have a major impact on our relationships. Learn new tips and strategies to improve communication skills and further enhance your listening skills.

Presented by Janet Zielasko MS, LSW • Free

Mon	10-11:30am	Apr 4	48147
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Health & Nutrition

Mindfulness for Balanced Life

NEW! Mindfulness is an integrative, mind-body approach to life that helps people relate effectively to their experiences. It involves paying attention to thoughts, feelings and body sensations in a way that can increase awareness, help manage difficult experiences, and create space for healthier choices. Mindfulness can help reduce stress and improve functioning in every segment of life (education, the workplace and at home) and help anyone live a happier, healthier, more engaged and balanced life.

Instructor: Spomenka Vitman, MA LMHCA

PKCC • 8 classes • Resident \$40 / Non-Resident \$48

Tue	6-7:30pm	Apr 12-May 31	47389
Fri	10:30am-12pm	June 3-July 22	47390

Moving to a Simpler Life

An overview of services that can help seniors, whether you're planning on downsizing, staying in place or undecided. Learn how to choose service providers, what types of senior housing options that are available, understand the costs of in-home care and the difference between using a service and doing it on your own and much more in this informative 2 day class.

Lunch is provided to all participants both days • Free

Facilitated Mike & Mindy Garner, Elder Move Alliance

Thur	9:30am-12:30pm	Apr 21-28	47070
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Matter of Balance

Aging is often accompanied by a change in balance and/or loss of strength. Learn about fall hazards and ways to change how you think about inactivity. We will do exercise in class to improve strength and balance. Wear comfortable clothes and sturdy shoes. This FREE 8 session workshop is designed for anyone who has become less active due to fear of falling, may be using assistive devices to walk, or has had a fall. Limit 14.

Facilitated by Glen Felias-Christensen RN, MPH & Janet Zielasko MS, LSW • Free

Fri	1-3pm	Apr 22-June 10	48044
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Living Well with Chronic Conditions

Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration or isolation? If you respond "yes" to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well!

6 classes • No class 5/31 • Facilitated by Janet

Zielasko, MS, LSW • Free

Mon	1-3:30pm	Apr 25-June 6	48042
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Understanding the Value & Benefits of Self Compassion

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

Facilitated by Janet Zielasko MS, LSW and Jeannie

DeSmet, RN • Free

Mon	10-11:30am	June 6	48148
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Changes in the Aging Eye

Join us for an informative presentation by SightConnection, a nonprofit agency that serves seniors living with vision loss. We will discuss eye care, normal changes as our eyes age as well as unexpected changes due to macular degeneration, glaucoma, diabetes, stroke or cataracts. To help us adapt to vision changes we will review helpful resources, aids and support.

Facilitated by a SightConnection Low Vision Specialist • Free

Mon	1-2pm	July 11	48149
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Have Fun with Lettuce **NEW!**

Salads can have a place at any meal, from appetizer to dessert. We will discuss various ways to incorporate lettuce into your daily diet and the benefits it brings.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 12:45–2pm Apr 8

Natural Approach to Memory and Concentration

Is it just a “senior moment,” or is there another explanation? We explore brain exercises, food allergies, underlying illnesses, and supplements to prevent or address memory problems.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 12:45–2pm Apr 22

Power of Humor **NEW!**

Humor specialist leads a fun-filled discussion on the healing power of humor and how to incorporate laughter into your life.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 12:45–2pm May 6

Cholesterol/Diabetic Screen

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home!

*Limit 25 participants, must register for time slot
Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 8:30–10:30am May 20

Light on Your Feet

Are tired, aching feet slowing you down? Explore common foot ailments, treatment options and the best shoes and products available to keep you light on your feet.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 12:45–2pm June 3



Lifetimes & Traditions: Creative Memory Making

NEW! We all have the ability to create keepsakes that will reinforce our unique memories and experiences as well as comfort out loved ones when we are gone. This life affirming session will review fun and creative ways that you can create and share your legacy.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 12:45–2pm June 17

Healthy Meals from the Farmers Market

With summer upon us, there are many food options at local farmers markets. Understand how to choose the healthiest produce and distinguish between organic and non-organic, local and imported. Learn healthy eating strategies and discover quick, fun and easy menu choices as well as tips for appropriate food safety for those warm summer days.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 12:45–2pm July 1

Improve Your Hearing

Explore techniques for improving communication skills and maximizing your hearing. Discover new hearing aid technologies and learn how to enhance hearing in noisy environments.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 12:45–2pm July 15

Preventative Eye Care

Learn steps to help prevent glaucoma, macular degeneration and other eye diseases.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 12:45–2pm Aug 5

Make Your Life Easier **NEW!**

This class will cover techniques and equipment options to assist you with everyday tasks such as putting on shoes, opening medicine bottles and cans, and moving about your home, along with many other tips to make your life easier.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri 12:45–2pm Aug 19

**To Register for EvergreenHealth Classes
call 425-899-3000 & press 1**

Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$79. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

Appointments and information, call 425.587.3360

Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360

Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6



Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to www.kcwics.org

Community Resources

Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to www.seniorservices.org

Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to www.bridgemin.org

Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to www.evergreenhospital.org/evergreen_care_network

AARP Area Office

American Assoc. of Retired Persons.

Call 1.888.687.2277 or go to www.aarp.org/states/wa

Benefits Check Online

www.BenefitsCheckUp.org is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center 425.488.4821

Elder & Adult Day Services 425.867.1799

Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

Call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200

Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home Health & Hospice 425.899.3300

Eastside Friends of Seniors 425.369.9120

Volunteer Chore Services (Catholic Comm. Svcs.) 206.328.5787

Jewish Family Services 206.461.3240



Chinese and Latino Services

Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

Chinese Services—Tuesdays

For more information call Catherine at the Chinese Information & Services Center, 206.624.5633, ext 4137.

Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free

Tue	9–10am	Ongoing
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E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free

Tue	10am–12pm	Ongoing
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Latino Services—Wednesdays

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free

Monthly	10–11:45 am	1st Wednesday
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E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free

Wed	12:45–2pm	Ongoing
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Volunteer Opportunities

Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing
- Front Desk Greeter
- Coffee Bar
- Slide show presenter, share your travels

For more information call Patrick at 425.587.3012

Employment

Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to www.aarpworksearch.org

Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or email seniors@seattle.gov

Driver Training

AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$15 for AARP members / \$20 for non-members, please bring AARP membership card to class

• Make checks payable to AARP on the first day of class • To register call 425.587.3360

Wed & Thur	12:30–4:45pm	May 11 & 12	48196
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Transportation

Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Apr 6
Wed	9–11am	May 4
Wed	9–11am	June 1
Wed	9–11am	July 6
Wed	9–11am	Aug 3

Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Apr 21
Thur	10–11am	June 16
Thur	10–11am	Aug 18

Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206.448.5740 or toll free 1.800.282.5815 or go to www.seniorservices.org.

METRO Information

24-Hour Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876. TTY: 206.684.1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1.800.923.7433 or go to www.hope-link.org/get_help/transportation

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

Daily Van Transportation

The Peter Kirk Community Center van operates Monday–Friday, with reservations taken up to 5 p.m., the day before service. The van provides rides to:

- Peter Kirk Community Center,
- Local grocery stores and Hope-link's Food Bank, and
- Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis.

The suggested donation is \$2 for each trip, or what you can afford.

To use the Kirkland Senior Van, you must be:

- A resident of the City of Kirkland,
- And eligible for, or in the process of applying for King County Metro Access eligibility.

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed. The Kirkland Senior Van Coordinator can assist you with filling out the Access application.

If you have any questions, please call Mari, the Kirkland Senior Van Coordinator, at 425-587-3363.

The Kirkland Senior Van is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.



Grocery Shopping

The Peter Kirk Community Center Van provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

To receive a schedule or make an appointment, call 425.587.3363

Wed	Apr 6	Safeway
Wed	Apr 13	QFC
Wed	Apr 20	Bridle Trails
Wed	Apr 27	Fred Meyer
Wed	May 4	Safeway
Wed	May 11	QFC
Wed	May 18	Bridle Trails
Wed	May 25	Fred Meyer
Wed	June 1	Safeway
Wed	June 8	QFC
Wed	June 15	Bridle Trails
Wed	June 22	Fred Meyer
Tue	June 28	Safeway
Wed	July 6	QFC
Wed	July 13	Bridle Trails
Wed	July 20	Fred Meyer
Wed	July 27	Safeway
Wed	Aug 3	QFC
Wed	Aug 10	Bridle Trails
Wed	Aug 17	Fred Meyer
Wed	Aug 24	Haggen (Woodinville)
Wed	Aug 31	Grocery Outlet (Kenmore)

Age 50+

Out For Lunch Bunch **NEW LOCATIONS!**

11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$

Bush Garden Restaurant (Seattle) Thur, April 7 • 47073	This International District restaurant has been serving traditional and new Japanese cuisine since 1953.
McMenamins (Bothell) Thur, May 12 • 47074	Located in what was once the Anderson school cafeteria, this farm-to-table Northwest-style café offers a comfortable yet sophisticated atmosphere and menu.
Chinook's (Fisherman's Terminal) Thur, June 9 • 47075	Chinook's at Salmon Bay is a casual, high-energy seafood restaurant located in Seattle's Fishermen's Terminal. This unique location has been the base of the North Pacific fishing fleet since 1913 with over 700 commercial fishing vessels calling it home.
Tilikum Place Café (Seattle) Thur, July 21 • 47076	Inspired European and Northwest dining using the freshest and highest quality products for a menu made totally in-house.
Nick's (Bellevue) Thur, Aug 11 • 47077	Nick's Greek and Italian restaurant has been family owned and operated for over 30 years.

Attention Riders

For everyone's comfort, please refrain from the use of fragrant personal products while participating in programs and trips. **Thank you for your consideration!**

CLUB BON VOYAGE

Do you have the urge to explore the world and visit new destinations? Here is your chance to have fun traveling to amazing places you have always dreamed about visiting with your friends or on your own. Let us handle the details, all you have to do is enjoy the adventure. Join a Collette representative to learn about the NEW upcoming 2017 destinations.

Monday, June 6 • 10:30am • Free • Please register: 48198

Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Fall 2016/Winter 2017 van trips.

**Tuesday, April 19
11am at the Center**



Shops & Slots

Thursday 10am–4pm
Resident \$21 / Non-Resident \$25
Bring lunch \$

Snoqualmie Casino & North Bend Outlet Mall	Apr 28	47071
Tulalip Casino & Seattle Premium Outlets	July 7	47072


Trip Difficulty Rating

Mild Walking 

Moderate Walking 

Extensive Walking 
(with stairs)

Kiwanis Salmon Bake & La Conner

Thur., April 14 47079 10am–5pm
Resident \$25 / Non-Resident \$30
Bring lunch \$ 

Enjoy a tasty barbeque at this popular annual fundraiser followed by your choice of shopping in La Conner or strolling through Roozengaarde's tulip garden. **If planning to visit the garden, please bring cash for entrance fee.**

Gray Whale Watching NEW

Thurs., April 21 47868 8:30am–3pm
Resident \$105 / Non-Resident \$109
Bring lunch \$ 

See majestic gray whales on their migration from the southern waters north to Alaska. Each March and April they pass through the Strait of Juan de Fuca and Puget Sound, providing an excellent opportunity to visit and learn about these whales. An onboard naturalist will be available to answer all your questions. Enjoy lunch at Anthony's in Edmonds after disembarking from this amazing adventure. **Must sign up by 4/6 to secure reservations.**

Pilchuck Glass School

Thur., May 5 47869 10:30am–5pm
Resident \$49 / Non-Resident \$54
Bring lunch \$ 

Pilchuck Glass School has been the incubator of the vital studio glass movement since 1971. This rare insider's tour will include a chance to watch the process of glass making, talk with working artists, tour the studios and hear about the history and future of the school. Lunch will be at The Garden Café. **Registration deadline 4/27.**




Mystery Trip #1 NEW

Thurs. May 19 47870 8:15am–5pm
Resident \$56 / Non-Resident \$62
Bring lunch \$ 

This trip is going to be purrrfectly wild! *Bring cash for gift shop, no credit/debit cards. Please note this is a walking tour on fairly level ground however wheelchairs are not recommended.*

Woodinville Whiskey Tour NEW

Thur., May 26 47189 10:30am–1:30pm
Resident \$14 / Non-Resident \$17
Bring lunch \$ 

Located in the heart of Woodinville's wine country is the Woodinville Whiskey Company. Join us on a tour to find out why they chose this location to set up their distillery. Enjoy lunch afterwards at the Hollywood Tavern. **There is a \$10 tasting fee for anyone who would like to participate.**

Olympia Farmer's Market

Thurs., June 2 47778 9am–4:15pm
Resident \$24 / Non-Resident \$29
Bring lunch \$ 


Explore this large farmer's market offering organic produce, local crafts, baked goods, meats, seafood, dairy products and plants. After working up an appetite relax and enjoy lunch at a local favorite, the Terrace Falls Restaurant, overlooking the beautiful Tumwater Falls.

Northwest Trek

Thur., June 16 47190 9am–5pm
Resident \$40 / Non-Resident \$45
Bring Brunch \$ 

Begin the day with brunch at Puyallup's popular "Mrs. Turner's Restaurant". Then we are off to explore Northwest Trek, a 600-acre wildlife retreat. Whether you want to walk the nature trails, ride the tram or wander through the many exhibits of native animals, there will be plenty to see and do. Admission is included in price.

Northwest Carriage Museum

Thurs., June 23 47879 8am–6pm
Resident \$39 / Non-Resident \$46
Bring lunch \$ 

History abounds at the Northwest Carriage Museum. Enjoy a visit to one of the finest collections of 19th century carriages, buggy's, wagons and historical artifacts in the country.

Seattle Holocaust Museum NEW

Wed., June 29 47880 9am–3pm
Resident \$31 / Non-Resident \$35
Bring lunch \$ 

The Henry and Sandra Friedman Holocaust Center for Humanity Museum shares stories and artifacts of local Holocaust survivors.

All trips include sales tax



Ginkgo Petrified Forest and Interpretive Center **NEW**

Thurs. July 14 47973 9am–6:30pm
Resident \$31 / Non-Resident \$37
Bring lunch \$  




One of the largest petrified forests on the planet is in our backyard and we are heading out to explore it. Our first stop will be in Ellensburg to fuel up with lunch at the Daily Bread & Mercantile. Next up is the Ginkgo Petrified Forest Interpretive Trails and Center. Enjoy a brief ¼ mile walk on a paved loop that is accessible for everyone. The final stop is the Rock and Gem shop before starting home. **Bring cash for Interpretive Center admission.**

Mystery Trip #2

Thurs., July 28 47080 7:30am–6pm
Resident \$76 / Non-Resident \$83 

They say the devil is in the details...too bad the details are a secret for now! Lunch is included. **This trip is not wheel chair accessible. Must sign up by 6/16 to secure reservations.**

Whidbey Island Fair **NEW**

Fri., Aug 5 47882 9am–5pm
Resident \$40 / Non-Resident \$48
Bring lunch & Admission \$   



Since 1925, this old-fashioned country fair has featured home and animal exhibits, a wonderful 4-H program, a petting zoo, horse show, logging show, parade, commercial vendors, food booths, a carnival and live entertainment. **Ferry fare included in price.**

Outback Kangaroo Farm

Thur., Aug 18 47883 8:45am–3:30pm
Resident \$30 / Non-Resident \$35
Bring lunch \$  

Spend a fun morning on a tour of kangaroos and other exotic animals. Have lunch on the way back home.

A Day in Victoria **NEW**

Thur., Aug 25 47193 7am–9pm
Resident \$230 / Non-Resident \$242
Bring lunch \$  

All aboard the Victoria Clipper for a high-speed passenger only ferry ride up to the heart of downtown Victoria. Disembark in Victoria and board a luxury motor coach for a brief tour of Victoria's highlights as you head to Butchart Gardens. You will have two hours at the gardens before heading back to Victoria to spend time exploring before heading back to Seattle. **Must sign up by 7/25 to secure reservations.**

**For US and Canadian citizens, a Passport, Passport Card, Enhanced Driver License or an Enhanced ID Card (EDL/ID) is required to cross the US/Canadian border.*

Evergreen State Fair

Monday, Aug. 29 48693 9am–4pm
Resident \$24 / Non-Resident \$29
Bring lunch \$   

Come on out and enjoy the state fair... there will be Fun for the Whole Herd at one of the largest events held annually in the Pacific Northwest. Admission is free today for adults aged 62+!

Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.